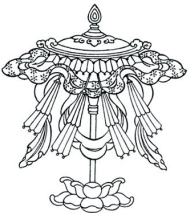


September 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>Kalpa Bhadra Buddhist Centre 42 Quebec Street Guelph, Ontario, N1H 2T4 519-837-8033</p>			1 12:15-12:45pm Lunchtime Meditation (Guelph)	2 7-9pm Cambridge class	3 12:15-12:45pm Lunchtime Meditation (Guelph) 7:30-9:15pm Kitchener class	4 10-11am Creemore class 6-8pm Stratford class
5 10-11:15am Prayers for World Peace 4-8:30pm Foundation Program (FP) 6:30-8:30pm Offering to the Spiritual Guide prayers	6 12:15-12:45pm Lunchtime Meditation (Guelph) 7-9pm Guelph class	7 7-9pm Elora class	8 12:15-12:45pm Lunchtime Meditation (Guelph)	9 7-9pm Cambridge class	10 12:15-12:45pm Lunchtime Meditation (Guelph) 7:30-9:15pm Kitchener class	11 10am-3pm Day Course 6-8pm Stratford class
12 10-11:15am Prayers for World Peace 4-8:30pm Foundation Program (FP)	13 12:15-12:45pm Lunchtime Meditation (Guelph) 7-9pm Guelph class	14 7-9pm Meditation 101 (Guelph)	15 12:15-12:45pm Lunchtime Meditation (Guelph)	16 7-9pm Cambridge class	17 12:15-12:45pm Lunchtime Meditation (Guelph) 7:30-9:15pm Kitchener class	18
19 10-11:15am Prayers for World Peace 4-8:30pm Foundation Program (FP) 6:30-8:30pm Offering to the Spiritual Guide prayers	20 12:15-12:45pm Lunchtime Meditation (Guelph) 7-9pm Guelph class	21 7-9pm Elora class 7-9pm Meditation 101 (Guelph)	22 12:15-12:45pm Lunchtime Meditation (Guelph)	23 7-9pm Cambridge class	24 12:15-12:45pm Lunchtime Meditation (Guelph)	25 Stratford class break due to retreat
26 10-11:15am Prayers for World Peace ▶ ... Autumn Retreat	27 12:15-12:45pm Lunchtime Meditation (Guelph) 7-9pm Guelph class	28 7-9pm Meditation 101 (Guelph)	29 12:15-12:45pm Lunchtime Meditation (Guelph)	30 7-9pm Cambridge class	<p style="text-align: center;">Autumn Retreat (Minden Hills) ... ▶</p> <p style="text-align: center;"><i>ModernBuddhist.ca</i> ~ offering the path of wisdom and compassion</p>	

STUDY PROGRAMS

GENERAL PROGRAM CLASSES – a basic introduction to Buddhist meditation. Suitable for everyone.

FOUNDATION PROGRAM (FP) – a systematic weekly study course (pre-registration necessary). This program is located at Kalpa Bhadra Buddhist Centre.

Kalpa Bhadra Buddhist Centre (KBBC) is a Canadian Charity (854616596 RR0001) dedicated to the flourishing of the Kadampa Tradition in the modern world. A member of the New Kadampa Tradition - International Kadampa Buddhist Union

LOCATIONS

Guelph - classes throughout the week - Kalpa Bhadra Buddhist Centre - 42 Quebec Street

Elora - selected Tuesdays 7-9pm - Elora Public Library, 144 Geddes Street, downstairs

Cambridge - Thursdays 7-9pm - Cambridge Centre for the Arts, 60 Dickson Street, Donaldson Room

Kitchener - Fridays 7:30-9:15pm - Blue Skies Yoga & Eco Store, 55 Victoria Street North, Suite G

Creemore - selected Saturdays - Station on the Green, 10 Caroline Street East

Stratford - Saturdays - Yoga Collective, 42 Wellington Street

Minden Hills - Autumn Retreat - Sept. 24 - 26 - 1155 Crooked House Road, K0M 2K0